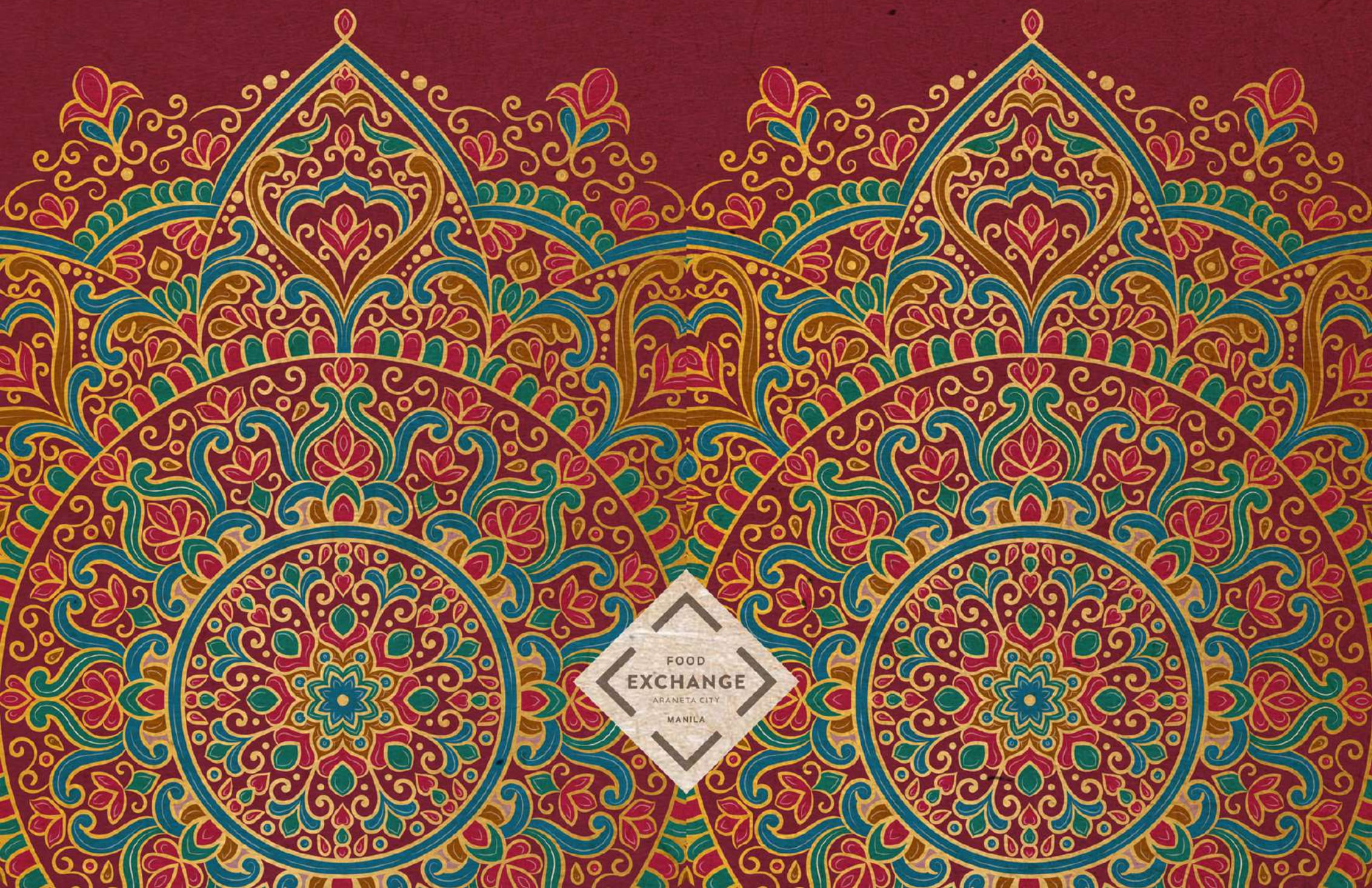


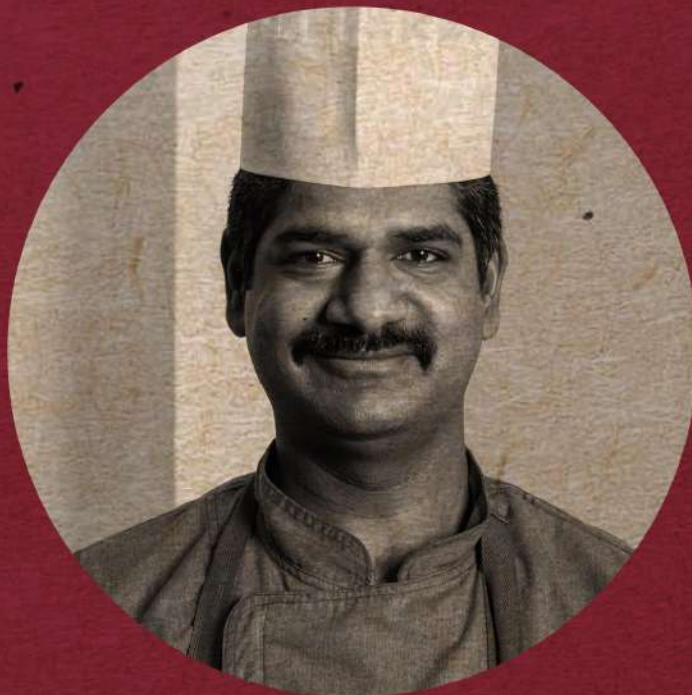


prāna

INDIAN CUISINE



FOOD
EXCHANGE
ARANETA CITY
MANILA



"It is with great honor to showcase the rich heritage of Indian cuisine here in the City of Firsts. Every mouthful of our Indian specialties brings awakening energy to your palate. I hope you enjoy this flavorful journey with us."

V. Rajan
Rajan Veeranan
Indian Masterchef

IN COLLABORATION WITH OUR
EXECUTIVE CHEF MASSIMILIANO PAULETTO





प्राण

*/ˈpra:nə/
breath, energy*

Every mouthful of our Indian specialty brings a life-giving force to the palates. Prāṇa is the vital energy of life itself. It is the basic material for all that exists.

TURMERIC

This bright yellow spice gives many Indian dishes their characteristic color. Turmeric has properties that can boost brain neurotransmitters, including serotonin and dopamine.

CINNAMON

The oily component of this aromatic spice is very high in cinnamaldehyde, that is responsible for most of cinnamon's powerful effects on health and metabolism.

CUMIN

Cumin has long been used in traditional medicine and is a rich source of iron. It is rich in antioxidants, and has been shown to exhibit anti-microbial and anti-inflammatory properties.

CARDAMOM

Ground cardamom is often used to give tea, curries and rice a flavor boost. This spice has antioxidant properties and has the ability to produce compounds that may help fight cancer cells.

CORIANDER

This Indian ingredient claims to have anti-microbial and anti-fungal properties, and is known to help lower blood pressure, blood sugar levels and cholesterol levels.

GINGER

Ginger is an essential ingredient in Indian cuisine. Research shows that ginger contains hundreds of compounds and metabolites, some of which may contribute to health and healing.



CHAAT

Pani Puri

6pcs, Kolkata favorite street food of crispy, hollow, fried dough balls stuffed with boiled potatoes or steamed moong sprouts or boiled chickpeas or white peas curry together with spicy tangy water and a sweet chutney

530

Palak Patta Chaat

6pcs, Crispy fried spinach fritters topped with spicy green chutney, tangy and sweet tamarind chutney and onions, sev, curd and spices

530

Masala Papad

Masala Papad is a starter snack of crisp, fried papads, topped with a masala filling of onions, tomatoes and spices

530

CHAAT

Pakora

Deep-fried small spicy fritters containing mixed vegetables with batter of chickpea flour.

570

Samosa

5pcs, Fried pastry with savory filling including onion, potato, green peas, and other spices.

600

SHORBA

Tomato Dhaniya Shorba

Indian-style tomato soup prepared using various spices

440

Dal Shorba

Healthy lentil soup made with yellow moong dal and spiced with dry ginger powder and pepper powder

440

Murgh Badami Shorba

Chicken broth with Hyderabadi mailed spices with almond paste

440

Pani Puri

All prices are inclusive of service charge and applicable government taxes.

TANDOOR **VEGETARIAN TANDOOR**

Paneer Tikka

Indian cottage cheese marinated in mustard paste and spices, bell peppers, cooked in clay oven

820

NON-VEGETARIAN TANDOOR

Saffron Chicken Malai Tikka

Boneless chicken marinated in cream cheese with fresh herbs and spices, cooked in clay oven

820

Laal Mirch Ka Murgh Tikka

Boneless chicken marinated in chili paste and yogurt with fresh herbs and spices, cooked in clay oven

820

NON-VEGETARIAN TANDOOR

Lamb Seekh Kebab

Spiced ground lamb, cooked in clay oven

820

Salmon Kebab

Salmon marinated in garlic and spices, cooked in clay oven

940

Kebab Platter

Inclusive of lamb, chicken and salmon

1,380

Lamb Seekh Kebab



CURRIES

VEGETARIAN CURRY

Yellow Dal Tadka

Yellow lentils tempered with spices
500

Bhindi Do Pyaza

Okra "lady fingers" with onion and spices
500

Cabbage Poriyal

Sautéed cabbage with moong lentil and spices
500

Palak Paneer

Homemade cottage cheese in spinach paste and spices
570

Dal Makhani

Black lentils cooked overnight, finished with butter and tomato paste
600

NON-VEGETARIAN CURRY

Jhinga Malai Curry

Prawns cooked in coconut milk and flavored with spices
1,130

NON-VEGETARIAN CURRY

Kadai Murgh

Chicken cooked with Kadai spices, bell pepper and onion
820

Murgh Makhani (Butter Chicken Masala)

Tomato-cashew gravy cooked with chicken and spices, finished with butter and cream
820

Allepey Fish Curry

Snapper cooked with green mango, coconut milk and Kerala Spices.
880

Beef Jalfrezi

Beef cooked with bell pepper, onion and spices
1,000

Lamb Rogan Josh

Slow-cooked dish made with lamb, Kashmiri spices and yogurt
1,000

Lamb Saag Wala

Slow-cooked lamb with spinach paste spices
1,000



Lamb Rogan Josh

Garlic Naan Bread

Palak Paneer

Yellow Dal Tadka

Beef Jalfrezi

Kadai Chicken

Kebab Platter

Steamed Basmati Rice

HOUSE OF BIRYANI

Vegetable Biryani

Seasonal vegetable in layers of aromatic basmati rice, mint and fragrant spices.

780

Mughlai Murgh Dum Biryani

Marinated chicken in layers of aromatic basmati rice and fragrant spices

820

Hyderabadi Lamb Dum Biryani

Marinated lamb in layers of aromatic basmati rice, mint and fragrant spices

880

Jhinga Biryani

Marinated prawns in layers of aromatic basmati rice, mint and fragrant spices

1,000

Steamed Basmati Rice

Long, slender-grained aromatic rice

150

Chicken Biryani

Vegetable Raita



NAAN

Plain Naan 190
Butter Naan 230

Garlic Naan 250
Cheese Naan 320

Roti 190
Papadams 130

DESSERT

Hot Gulab Jamun

Berry-sized balls dunked in
rose-flavored sugar syrup

250

Chocolate Rasgulla Tart

Tart topped with chocolate and
soft round dumplings made from
Indian cottage cheese semolina flour

250

Chocolate Guava Tart

Tart topped with dark chocolate ganache,
pink guava purée, dry green guava cream

250

Rasgulla

Soft round dumplings made from
Indian cottage cheese and semolina
flour, simmered in a cardamom and
rosewater scented sugar syrup

250

Guava Chili Ice Cream

Refreshing creamy ice cream
with chili spice

230/scoop

Fresh Fruit Platter

Assorted sliced fruits

570

Steamed
Basmati Rice

Naan Bread

Kadai Chicken

Biryani





THALI SET MEAL MENU

THALI 7-COURSE

PHP 3,130 nett
(good for 2 persons)

1 papadam, pickles, spiced Indian nuts,
1 tandoor starter, 2 steamed rice,
4 curries, 1 dessert

THALI 4-COURSE

PHP 1,880 nett
(good for 2 persons)

1 papadam, pickles, spiced Indian nuts,
1 tandoor starter, 2 steamed rice, 2 curries

****EXCLUSIVE FOR LUNCH***



THALI COURSES

Please choose from the menu below:

TANDOOR STARTER

(V) Panner Tikka

Cottage cheese marinated in mustard paste & spices, bell peppers cooked in clay oven

Saffron Chicken Malai Tikka

Boneless chicken marinated with cream, cheese & spices

Lamb Seekh Kebab

Ground lamb meat cooked in cooked clay oven

RICE

Steamed Basmati Rice

Long, slender-grained aromatic rice

DESSERT

Hot Gulab Jamun

Berry-sized balls dunked in rose-flavored sugar syrup

Rasmalai

Sweetened balls of paneer soaked in thickened milk scented with cardamom and saffron

Chocolate Rasgulla Tart

Tart topped with chocolate and soft round dumplings made from Indian cottage cheese semolina flour

Fresh Fruit Platter

Assorted sliced fruits

CURRY

(V) Dal Makhani

Black lentils cooked overnight, finished with butter & tomato paste

(V) Yellow Dal Tadka

Yellow lentils tempered with spices

(V) Palak Paneer

Homemade cottage cheese in spinach paste

(V) Bhindi Do Pyaza

Okra "lady fingers" with onion & spices

Kadai Murgh

Chicken cooked with Kadai spices, bell pepper & onion

Murgh Makhani (Butter Chicken Masala)

Tomato-cashew gravy cooked with chicken and spices, finished with butter and cream

Lamb Rogan Josh

Slow-cooked lamb in Kashmiri spices & yogurt

Beef Jalfrezi

Beef cooked with bell pepper, onion & spices

V - Vegetarian



UPGRADE YOUR MEAL BY ADDING:

BIRYANI

Mughlai Murgh Dum Biryani

Marinated chicken in layers of aromatic basmati rice & fragrant spices
PHP 820

Hyderabadi Lamb Dum Biryani

Marinated lamb in layers of aromatic basmati rice, mint & fragrant spices
PHP 880

Jhinga Biryani

Marinated prawns in layers of aromatic basmati rice, mint & fragrant spices
PHP 1000





PRANA SIGNATURE TEA

Masala Milk Tea

Masala Spice, Milk, Muscovado Sugar, Black Tea

PHP 180

Prana Chai Tea

Milk, Water, Chai, Aromatic Herbs and Spices

PHP 180

Prana Signature Iced Tea

Black Tea, Strawberry, Rose Water, Lemon Juice, Chia Seeds

PHP 180

LASSI

Classic Lassi, Mango & Saffron Lassi

Kiwi & Avocado Lassi, Rose Strawberry Lassi

PHP 290

SIGNATURE COCKTAILS

Fortress Sangria, OPIHR Gin & Tonic

Tamarind Masala Mojito, Mumbai Mule

PHP 440

BEERS

San Miguel Pale Pilsen, San Miguel Light,

San Miguel Lemon, San Miguel Lychee, San Miguel Apple

San Miguel Free Non-Alcoholic, Red Horse

PHP 220

San Miguel Super Dry, Cerveza Negra,

Premium Beer, Budweiser

PHP 280

Corona, Stella Artois

Php 380



SODA WATER

Antipodes Still 1L, Antipodes Sparkling 1L
PHP 650

Antipodes Still 500ml, Antipodes Sparkling 500ml
PHP 400

Perrier 300ml, San Pellegrino 500ml
PHP 260

Evian 330ml
PHP 240

Schweppes Club Soda, Schweppes Tonic Water,
Canada Dry Ginger Ale
PHP 180

Coke, Coke Zero, Coke Light, Sprite, Royal Tru Orange
PHP 170

Summit Still 330ml
PHP 170

ENERGY DRINK

Gatorade, Red Bull
PHP 280

EL DORADO WELLNESS DRINK

Stress Buster, Carnival, Veggie Delight,
Booster C, Ginger & Spice Tea
PHP 300





BARISTA CORNER

Cappuccino, Macchiato, Café Latte, Latte Macchiato

PHP 250

Hot Chocolate

PHP 250

Espresso, Americano, Iced Coffee

PHP 180

Iced Caramel Macchiato, Iced Creamy Latte,
Cookie Butter Iced Latte, Strawberry Creamy Iced Latte

Iced Mocha Cappuccino

PHP 290

TEA & INFUSION

English Breakfast, Darjeeling, Earl Grey Tea,
Traditional Oolong Tea, Tie Guan Yin,
Jasmine, Sencha, Pure Green Tea, Lemon, Strawberry,
Lychee, Mint Tea Peppermint, Chamomile Tea

PHP 180

FRUIT JUICE

Freshly Squeezed Orange Juice

PHP 380

Freshly Squeezed Lemon Juice

PHP 180

Pineapple, Apple, Cranberry, Grapefruit, Mango,
Tomato, Orange Juice

PHP 180

FRESH FRUIT SHAKE

Ripe Mango, Green Mango, Pineapple, Watermelon

PHP 290





MILK SHAKE SMOOTHIES

Rocher That (Ferrero Rocher), Purple Dream (Ube Langka)

Yo berry Yo (Mixed Berry Yogurt), Oui Vanilla (Vanilla)

Strawberry, Mango Banana, Avocado

PHP 340

NON-ALCOHOLIC CRAFT COCKTAILS

Unleaded Cucumber, Apple Mint

PHP 300

CHAMPAGNE

Deutz Brut Classic

PHP 8,800 / bottle | PHP 1,680 / glass

SPARKLING WINE

Neblina, Brut, Chile

PHP 2,100 / bottle | PHP 500 / glass

Hardy's Crest, Moscato, Australia

PHP 2,600 / bottle | PHP 620 / glass





WHITE WINE

Anakena, Sauvignon Blanc, Chile
PHP 1,680 / bottle | PHP 460 / glass

Altas Cumbres, Torrontes, Argentina
PHP 2,400 / bottle | PHP 680 / glass

Beringer Main & Vine, Chardonnay, USA
PHP 1,980 / bottle | PHP 540 / glass

Banrock Station, Moscato, Australia
PHP 2,180 / bottle | PHP 580 / glass

RED WINE

Jack Estate M-R Series, Shiraz, Australia
PHP 1,880 / bottle | PHP 490 / glass

Castillo de Almansa, Garnacha Tintorrera, Spain
PHP 1,880 / bottle | PHP 490 / glass

Renmano Chairman's Selection, Cabernet Sauvignon, Australia
PHP 1,680 / bottle | PHP 460 / glass

Finca De Los Andes, Malbec Merlot, Argentina
PHP 1,980 / bottle | PHP 520 / glass

ROSÉ WINE

Jack Estate M-R Series, Pink Moscato, Australia
PHP 1,880 / bottle | PHP 490 / glass

